

Safety Bulletin



Bicycle Safety SB04-008

Bicycling is a fun and healthy exercise. Before riding your bicycle on roadways, take the time to learn the rules. Many bicyclists are seriously injured in accidents because they are less protected than drivers of automobiles and/or they do not practice safe riding skills. Each year, more than 500,000 people in the US are treated in emergency rooms, and more than 700 people die as a result of bicycle-related injuries. With more than 27 million children 5 to 14 riding bicycle, helmet use and the lack of it continues to be an important public health issue.

By observing bicycle laws and following safety rules, your bicycling experience will be enjoyable and more importantly, safer! Some local governments have additional laws and regulations for bicycles. III Corps & FH Reg. 190-5, requires that all bicycle operators obey the rules of the roadway. This includes all traffic control signs and signals or instructions from traffic control personnel. Additionally bicyclist will ride with the flow of traffic. Any bike that is operated on Fort Hood between the hours of sunset and sunrise shall be equipped with a suitable headlight visible at 500 feet to the front and a red reflector on the rear visible at 300 feet. A red light visible at 500 feet may be used in addition to the red reflector.

As a rider on Fort Hood you must wear a shirt/vest/jacket with at least a 12" x 12" area of high visibility (silver, yellow, orange, white) material visible from the front and rear during operation of the bicycle between the hours of sunrise to sunset. Tricycles are not to be operated on any roadway used by motor traffic. On Fort Carson you are required to wear an approved helmet and it is highly recommended that you wear one on Fort Hood. Additionally, all personnel that live or ride bicycles on Fort Hood are required to register their bikes with the Installation Physical Security (Crime Prevention Section). If you live off post it is recommended that you register with the local law enforcement agency.

Here are a few additional safety guidelines to follow:

- Wear a bike helmet at all times. The most serious bike injuries are to the head.
- Try to keep your bike in good shape.
- Always let cars and people go first.
- Slow down and check traffic at all corners.
- Keep both hands on the handlebars except when doing turn signals.
- Walk across busy streets or avoid them all together.
- Don't stunt ride!
- Don't ride double!
- Never go in and out of traffic!
- Never go between two cars!
- Helmets are an important safety device to protect your head and brain from injury and are an essential element to bicycle safety. Always strap on an approved safety helmet before you ride.

Bicycle maintenance is just as important as it is for any other mechanical device. A flat tire may only cause minor problems, were a wheel or a pedal falling off could result in major injury. Listed below are a few maintenance tips to preclude failure:

- Chain – Keep snug, clean and lubricated.
- Peddles – Lubricate bearings and spindle, replace worn treads.
- Spokes – Keep tight, replace broken ones promptly.

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- Wheels – Should rotate smoothly, lubricate bearings, keep axle nuts tight.
- Tires – Inflate to correct pressure, which is stamped on the sidewall of the tire.
- Side reflectors – Amber on front and red on rear, visible from 500 feet
- Headlight – White light visible from 500 feet.
- Handlebar and grips – Properly adjusted and tight
- Bell or horn – Be sure it works.
- Seat – properly adjusted and tight
- Taillight – Visible from a distance of 600 feet.
- Rear reflector – Visible from 300 feet.
- Brakes – Must brake evenly every time with no slippage

Bicycle riding is a great way to keep healthy and to have fun. It is up to you to protect yourself and remain safe at all times. Finally, to be effective, a helmet must meet safety standards and be worn correctly every time you ride a bicycle.